

HEALTH & WELLBEING

* WHO definition

Health and Wellbeing - A state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity.

Health - Physical, social, mental, emotional and spiritual.

Wellbeing - A complex combination of all the dimensions of health, characterised by an equilibrium in which the individual feels happy, healthy, capable and engaged.

Health and Wellbeing - A person's physical, mental, emotional, social and spiritual existence characterised by an equilibrium in which the individual feels happy, healthy, engaged and capable.

LIMITATIONS OF WHO DEFINITION

* It doesn't give everyone the opportunity to be considered healthy. "complete" wellbeing in all dimensions is difficult to achieve and beyond the capacity of most people.

* It does not mention an equilibrium → therefore, there is no balance between dimensions.

Dynamic - Health and wellbeing is constantly changing. These changes are out of control for the individual.

* Health and wellbeing can be good one moment and then events such as accidents, illness, relationship breakdown and stressful events can alter the state of health and wellbeing very quickly.

Subjective - Health and wellbeing is influenced by or based on personal beliefs, opinions or feelings.

Chronic Condition - A condition that lasts a long time. It usually cannot be cured and requires ongoing treatment.

Illness - Illness is a concept that relates to negative aspects. It is a subjective concept related to personal experience of distress ^{and injury}. Illness can be influenced by factors such as an individual's pain tolerance & level of support available.

Disease - Disease is a physical or mental disturbance involving symptoms, dysfunction or tissue damage. It is a concept related to illness.

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